By learning the F.A.S.T. warning signs, you just might save a life from stroke.



Face Drooping

Arm Weakness Speech Difficulty

Time to Call 911

Every 40 seconds, someone in the U.S. has a stroke.

It could happen on your street, in your workplace, at a store where you shop — anywhere. Your readiness to spot a stroke and call 911 as soon as possible can mean the difference between life and death and recovery or disability. That's why it's so important to learn stroke warning signs and urge everyone you know to do the same.



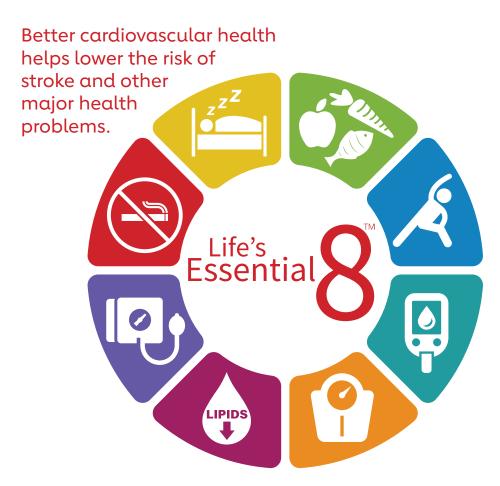
May is AMERICAN STROKE MONTH

We're proud to follow the American Heart Association® and American Stroke Association® guidelines for stroke care.

Take a moment to review this information. Share with your friends and family to better respond to and prevent strokes.



8 key measures for improving and maintaining cardiovascular health



Eat Better
Be More Active
Quit Tobacco
Get Healthy Sleep
Manage Weight
Control Cholesterol
Manage Blood Sugar
Manage Blood Pressure